HHD Library Lesson Tasks

**Part A: Healthy Breakfast**

You are to get into pairs and look for a healthy breakfast/lunch recipe that is feasible for you to bring to school on Friday morning for our class to share.

These are some good websites to use:

<http://www.goforyourlife.vic.gov.au/hav/articles.nsf/leveltwoview/healthy_recipes?open>

<http://www.nutritionaustralia.org/national/recipes>

<http://www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf/pages/bhc_recipes>

Print out a copy of your recipe each.

Highlight or underline what each of you will bring to school on Friday and write it in your diary.

Show Ms Mena (she will bring something too!)

**Part B: Go for your life**

Visit the “Go for your life” website and choose a tip sheet that is of interest to you, this is the direct link:

<http://www.goforyourlife.vic.gov.au/hav/articles.nsf/webl2cat?openview&restricttocategory=tip+sheets&count=10&start=1>

You must summarise the information IN YOUR OWN WORDS in your exercise books.

Show Ms Mena.

**Part C: Formula for life**

Finish your “Formula for life” food analysis, or do another typical day and note the differences in nutritional requirements.